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Importance of Animal Products in Human Diet

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Abstract

Animal products can be improving human nutrition and prevent cardiovascular disorder and bone disorder. Meat, such as poultry, beef, pork and fish, etc. supply many nutrients. Meat is rich in protein, minerals such as iron, zinc and others, rich in vitamin B complexes. Protein plays important role in bone and muscles as building block, it also perform various function of skin, cartilage and blood. Protein produces different Vitamin and minerals which perform different vital role of the human body. The products and byproducts of animals, poultry fish can be positive impact on human health, which rich in protein and easily digestible.

Introduction

In 1960's, the developing countries, the average intake of protein and energy were 40 to 70 g and 1950 to 2680 kJ/person/day respectively. The occurrences of malnutrition decreased from 37 percent in 1970 to 17 percent in 2000. Comparison of the various points in time emphasizes the rapid increase in the use of animal products in fact in all regions. Growth was announced especially in East Asia while sub-Saharan Africa showed no growth at all. The rapid growth in East Asia was attributed to the increasing (pork) consumption of meat in China, while the growth in South Asia was driven by the rapid consumption of milk over the past three decades (White Revolution). Both China and India's growth in animal products is expected to continue in the next 30 years, albeit slowly. But despite this slow pace, China will reach meat consumption levels by 2030 which will surpass those of most developed countries in the past (more than 65 kg and more than 500 kJ/day from livestock products). At the same time, milk and meat consumption will continue to rise in Latin America and the Near East / North Africa region.

High levels of nutrients present in animal product which carry easily to the human body than low-fat diets from other types of food and non-food sources. Vitamins B complex played important role in various functions in the body. They help to detoxify the body, integration of neuroendocrine, help in formation of red blood cells and help build tissue. The animal products have potential for food-based interventions targeted at vulnerable groups such as children and people suffered from HIV/AIDS, who may have difficulty eating the huge amount of plant-based foods needed to meet their nutritional needs. Iron is helpful to carry oxygen in the blood. Many girls and young women in their teens have iron deficiency anemia. Meat is rich in iron, which can protect against anemia. Magnesium is played important role in bone formation and muscle strength. Zinc is needed for biochemical reactions and helps the immune system to function properly.

Animal products, such as dairy products which rich in minerals like calcium, phosphorus, essential vitamin and protein,

necessary for optimum growth and development of the body of human being. It is very important for young children to eat dairy products because their bones are still growing.

Dairy Products

These products one of the best sources of calcium, essential nutrients will protect against osteoporosis and possibly colon cancer. Boiled dairy products are also called as Probiotics. The Probiotics are described as “beneficial microbes used as feed supplements that positively impact on host animal by improving the balance of the intestinal bacteria”. There are two categories are: 1) beneficial (e.g. *bifidobacterium* and *Lactobacillus*), 2) harmful (e.g. *Enterobacteriaceae* and *Clostridium spp.*). Out of this, the beneficial bacteria are more important intention for the fermentation. Although the various health benefits are due to Probiotics, their anticarcinogenic, hypocholesterolemic and antagonistic action against viruses and other intestinal organisms has received much attention. However, they drink daily 4 to 5 L of whole boiled milk. Boiled milk product lowers cholesterol levels in a person. It favours the importance of Probiotics in reducing the susceptibility of cancer, especially colon cancer. Consumption of boiled milk products also reduces the susceptibility of breast cancer.

Prebiotics include starches, dietary fiber, some insoluble sugars, red sugars and oligosaccharides. Oligosaccharides receive major attention and have various health benefits. Whey protein has the function of fighting cancer in the lungs. In addition, foods containing Whey protein are often more acceptable in taste tests. Whey is effective during digestion process and important for the protection of the entero hormone and its immune-enhancing effects.

Fish

Omega-3 (n-3) acids rich in polyunsaturated fatty acids (PUFA) derived mainly from fish oil. The main PUFAs are eicosapentaenoic acid and docosahexaenoic acid. The function of n-3 acids in many diseases - especially cancer and heart disease (CVD) and more recently, in early human development. Consumption of fish acts as cardio protective properties, although eating more amounts of fish did not showed to reduce the risk of CVD and lead to death due to myocardial infarction. Seafood contains a range of nutrients, especially omega-3 fatty acids. Acids containing Omega-3 are important because the body cannot synthesize it. Omega-3 fatty acids help brain development, improve heart health and can help reduce the sign of depression. In children are more prone to mercury poisoning that is the reason small amount of seafood's given.

Meat

Meat consumption is associated with decreased the chances of obesity and obesity, heart disease, and type 2 diabetes mellitus. A diet high in lean red

meat can be lowered the plasma cholesterol and rich source of iron, zinc and vitamin B₁₂. One hundred grams of cooked food provides almost all day recommended Vitamin B₁₂, with half the recommended dietary intake of protein and zinc, and has a great impact in meeting the recommendations of Vitamin B₁, Vitamin B₂, Vitamin B₆ and iron recommendations. Humans inherited weak in taurine production from its predecessor's methionine and cysteine due to low levels of cysteine sulfinic acid decarboxylase therefore food should be provided. Taurine is found mainly in fish such as scallops, mussels and clams as well as black chicken and turkey. Beside this, fact the taurine is not a protein supplement, this amino acid had important natural functions such as acting as an antioxidant and anti-inflammatory agent that is not related to preventing heart disease and is almost entirely found in animal products.

In addition, the anti-carcinogenic fatty acid known as conjugated linoleic acid (CLA) was first isolated from the roasted beef in 1987. CLA defined as a mixture of isomers of linoleic acid (C18: 2, n-6) in which double bonds are combined in place of the available methylene configuration. CLA is different because it is found in very high concentrations of fats from sensitive animals (e.g. beef, milk and lamb). CLA is an effective anti-carcinogen at a rate of 0-1-1% in the diet, higher than the average consumption of about 1 g CLA / person / day. Fats are often a valuable food supplement, providing energy, acting as a carrier of soluble vitamins A, D, E and K and β -carotene, increasing dry food intake, and acting as a cooking medium. Fat content varies greatly between animal foods. Fillet is the best allotment for a cow; loin is the best allotment for a pig, while the leg is usually cut from lamb and mutton. The breast is usually the tenderest part of the chicken. Skin is probably the main source of fat in reducing chicken meat sales.

According to the World Health Organization (WHO), protein-rich foods in developing countries are significantly reduced by a recommended body weight of 0.66 g / kg per day. In these countries protein is found in staple foods made mainly of cereals. These foods contain lower amounts of protein than animal sources, and are usually lysine is essential amino acid, as well as tryptophan and sulfur — they contain amino acids, reducing the quality of the protein source. The level of a protein source has a direct impact on the digestibility of protein, as a large proportion of high-protein proteins are absorbed and obtained through bodily functions. Proteins from animal sources are extremely valuable and quality as they include the full filling of equally important amino acids.

Meat, an important iron source, plays vital role in human health and iron deficiency leads to disruption of many biological functions and disruption in the growth and development of the infant and children. Animal products are the main source of vitamin B₁₂, the deficiency of which leads to development of megaloblastic anemia. Meat and meat products are also an important source of other micronutrients that are important for human health. Vitamin A is necessary for growth and development. Meat itself is not an important source of this

micronutrient other than when meat is caught. Folic acid is present in beef liver in huge amount. In addition to B₁₂, folic acid is an important methyl donor for fetal development, which seems to be important in DNA methylation associated with cancer prevention. Adequate zinc intake is essential for human health considering its functional roles in enzymatic systems, cell division and growth, genetic expression, immune and reproductive functions. Zinc deficiency increases infection, oxidative stress and genetic damage. Finally, selenium is an important trace element in human nutrition, a component of selenoproteins that has antioxidant functions in the prevention of heart disease and cancer. Selenium plays an important role in the activity of glutathione peroxidase, an important enzyme in detoxification processes. At high levels, selenium also has an anti-cancer effect.

Eggs

Eggs are an excellent source of essential nutrients (e.g. proteins, spingolipids, choline and omega -3 PUFA) and other unwanted (e.g. lutein / zeaxanthin) components that can promote health. The main food sources of spingolipids, edible food is many mm per kilo, eggs. Spingolipids do not require known nutrition; however, they are

hydrolyzed into metabolites (ceramides and sphingoid bases) in the gastrointestinal tract, which are used to regulate cell growth, differentiation, apoptosis and other cellular functions. Feeding spingolipids interferes with carcinogenesis in the colon, lowers serum LDL cholesterol and raises HDL, suggesting that spingolipids represent a functional component of the diet. N-3 PUFA-enriched eggs can be produced by modifying the chicken diet. Each of these modified eggs contains 350 mg of omega -3 PUFA. Omega 3 PUFA affects LDL cell size, causing it to shift towards less atherogenic cells. Blood platelet aggregation significantly reduced in participants omega-3 PUFA-enriched eggs.

Conclusion

Animal product is change the lifestyle of human being. It play a important role reduces the several disorders. Key nutrients provided by animal products include high-quality and bioavailable proteins, beneficial and essential acids, and essential micronutrients such as hem iron calcium. These nutrients are important for their individual health benefits, but an animal source diet can help as an anti-persistent diet.